



SpongeBob SquarePants

Winter Squash

- Winter squash varieties include not only pumpkin, but also butternut, spaghetti, acorn and others.
- Winter squash have hard, protective shells.
- Winter squash can come in many different colors and shapes.

Can you help
SpongeBob and
Patrick count
all of the
Pumpkins?

How many
did you
Find?



NICKELODEON

SpongeBob SquarePants

Winter Squash

SpongeBob Spaghetti Squash

You won't miss the pasta in this savory spaghetti.

Serves: 4 2 Cups of Vegetables per Serving

Preparation Time: 1 hour

- 1 large spaghetti squash (approx. 3 pounds), cut in half lengthwise
- 2 cups low-sodium pasta sauce
- ¼ cup reduced fat parmesan cheese, freshly grated

Nutrition Information per Serving: calories: 162, total fat: 2.4g, saturated fat: 0.2g, % calories from fat: 13%, % calories from saturated fat: 1%, protein: 6g, carbohydrates: 34g, cholesterol: 8mg, dietary fiber: 6g, sodium: 194mg

Instructions: Preheat oven to 350 degrees. Wrap the squash halves in aluminum foil and place in a baking dish. Bake for 45 minutes, or until tender. Meanwhile, in a saucepan, heat pasta sauce over medium-low heat. Remove baking dish from oven, carefully open the foil (be careful of any steam) and remove squash. Scoop out the seeds and discard. With a large spoon, scoop the stringy flesh into a bowl. Using two forks, pull apart the flesh so it separates into spaghetti-like strands. Transfer the spaghetti squash to a serving dish. Spoon the pasta sauce over the squash and sprinkle with Parmesan cheese.

A great recipe for parents and children to make together

Recipe courtesy of Produce for Better Health Foundation (PBH). All PBH endorsed recipes meet nutrition standards that maintain fruits and vegetables as healthy foods.



PARENT TIPS

- Baked squash topped with a small amount of brown sugar or maple syrup makes a great and healthy dessert.
- Roasted squash with herbs is a delicious side dish.
- Winter squash should be stored in a cool, dry place.
- Bake fresh pumpkin seeds for a delicious anytime snack.
- Choose hard winter squash that is heavy for its size and has an intact stem.
- Most winter squash can be stored for up to 3 months (pumpkin will keep for about 1 month).

